



# SAFETY SHARE OF THE MONTH

## WORKING IN COLD WEATHER

**Arizona is known for its hot summers, but we must also be prepared to work in cold winter weather conditions. If you're not prepared, getting caught in cold weather can have a chilling effect. We must train our miners to be ready for winter hazards by following these recommendations when working in cold environments:**

### DRESSING PROPERLY FOR THE COLD

Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:

- ✓ Wear at least three layers of loose fitting clothing. Layering provides better insulation.
  1. An inner layer of wool, silk or synthetic (polypropylene) to keep moisture away from the body.
  2. A middle layer of wool or synthetic to provide insulation even when wet.
  3. An outer wind and rain protection layer that allows some ventilation to prevent overheating.
- ✓ Wear a hat or hood. Up to 40% of body heat can be lost when the head is left exposed.
- ✓ Wear insulated boots to keep your feet warm.
- ✓ Avoid tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
- ✓ Wear an insulated coat/jacket (water resistant if necessary)
- ✓ Keep a change of dry clothing available in case your work clothes become wet.

### WORK SMARTER IN COLD WEATHER

- ✓ Acclimatizing new workers and those returning after time away from work by gradually increasing their workload, as they build up a tolerance for working in the cold environment
- ✓ Shield work areas from drafts or wind to reduce wind chill.
- ✓ Drink warm sweetened fluids but avoid caffeine (like coffee, tea, sodas) and alcohol.
- ✓ Take breaks often, in a heated area, to warm up.
- ✓ Avoid fatigue since energy is needed to keep muscles warm.
- ✓ Place heaters around work areas if possible.

### BE PREPARED

- ✓ Prevent slips, trips, and falls, by immediately clearing walking surfaces of snow and ice.
- ✓ Take short steps and walk at a slower pace when walking on a potentially icy walkway.
- ✓ In case of emergency, it's a good idea to equip company vehicles with winter safety kits.
- ✓ If stranded in a vehicle, it's best to remain in the vehicle and call for emergency assistance.

Created by Arizona State Mine Inspector [asmi.az.gov](http://asmi.az.gov) ASMI Offers Part 46 & 48 MSHA Training

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